



healthiher

a women's health & wellness retreat

SATURDAY
october 16, 2010

7:30 AM - 1:30 PM

HOLIDAY INN
strongsville, ohio

Only \$35 per person • Includes breakfast and lunch
Limited seating available

REGISTER ONLINE OR BY PHONE

www.parmahospital.org/healthiher

440-743-4900

program

■ WELCOME BREAKFAST

■ LUNCHEON PROGRAM

■ KEYNOTE ADDRESS

Joan Borysenko, PH.D

"MINDING THE BODY, MENDING THE MIND"

Author, pioneer in integrative medicine and renowned expert in the mind/body connection

■ BREAKOUT SESSIONS

The Role of the OB/GYN
in Women's Health

STEPHAN Y. GEORGE, MD, OB/GYN

Functional and Anti-Aging Medicine
CYNTHIA TAYLOR, DO

Vitamin D and Your Health
KIMBERLY TOGLIATTI-TRICKETT, MD

What's Going on Down There?
Discussion on Urinary Incontinence
JEFFREY MANGEL, MD

Varicose Veins: New Treatment
for an Old Problem
JAMES PERSKY, MD

Fiber: Food, Facts and Fads
CLAUDIA ULINTZ,
REGISTERED/LICENSED DIETITIAN

■ PLUS:

COLDWATER CREEK FASHIONS

EXHIBITORS

HEALTH SCREENINGS

— PRESENTED BY —

**Parma
Community
General Hospital**



**Parma Hospital
HEALTH CARE
FOUNDATION**